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Vancouver metro

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Landlord 101

Vancouver offers to help empty homeowners become landlords
metroNEWS

ILLUSTRATION: ANDRES PLANA/METRO

Lawsuit targets military culture

CLASS ACTION

Former sailor says complaints of harassment were rejected

A former sailor says she is launching a proposed class-action lawsuit to change the culture of harassment and abuse in the Canadian Armed Forces after the military rejected her complaints of unwanted sexual advances by a superior.

Nicola Peffers said in a statement of claim that female and lesbian, gay, bisexual and transgender members of the Canadian Forces are routinely subjected to sexual harassment and abuse.

Peffers, 34, said Monday in a conference call from Germany that she did not receive protection or justice after directing her complaints about fear tactics, sexual advances and abuse to senior officials in the Canadian Forces.

Her lawyers sat at a news conference in Victoria as the woman spoke on the phone and said she joined the navy nine years ago to serve and become part of the world's greater good.

However, she left in 2012 after complaints of harassment and sexual assault were not properly investigated or dealt with, she said.

Peffers was based at Canadian Forces Esquimalt near Victoria and served on frigates.

"When I arrived, I learned the culture was not one of camaraderie, at least for women or LGBTQ members," she said. "The culture was one of fear and intimidation. The culture was one of abuse, discrimination, bullying and harassment. The culture was of sexual assault."

Peffers said when she failed to comply with the sexual demands of one of her superiors she faced retaliation and professional repercussions.

Her lawyers told the news conference they expect hundreds and perhaps thousands of military members to join the class action, which seeks to compensate alleged victims and change the culture of the Canadian Forces.

The Department of National Defence said it is aware of the legal action and since the Attorney General of Canada has only recently seen the lawsuit, it is being reviewed to determine the next steps.

None of the allegations have been proven in court.

THE CANADIAN PRESS

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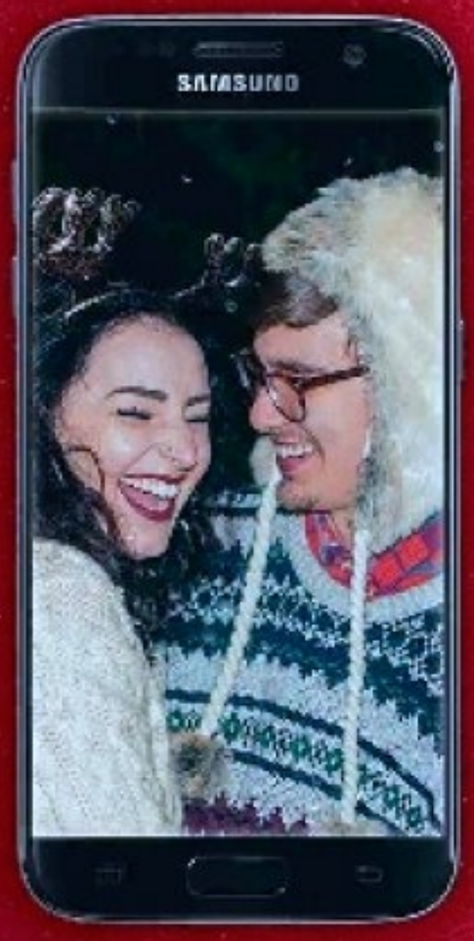

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metro NEWS COMET

Your essential daily news

Gunman enters restaurant to look for evidence of "Pizzagate." **World**

Mental health gaps exposed

COMMUNITY SOLUTIONS

Panellist says government needs 'whole system change'

David P. Ball
Metro | Vancouver

It took 42 years for West Vancouver psychotherapist Mike Pond to realize he knew much less about mental health and addictions than he had assumed.

"I've worked with people with addictions for years," he told an audience at last week's conference of the Canadian Mental Health Association B.C. "But then, lo and behold, I succumbed to one myself and ended up in the Downtown Eastside in a couple very down-and-out recovery houses."

He said he visited hospital emergency rooms at least 31 times during a three- or four-year period, an unnecessarily expensive way of reacting to mental-health issues.

Pond said his direct experience of falling through the cracks of B.C.'s treatment system should be a wake-up call for the province.

"Those few years being on the streets and going through the system from the bottom level up," he said. "Going through that entire system was probably the most powerful learning I've ever had."

Also joining Pond on a conference panel, entitled Stories of Resilience: Putting Hope into Action, were several others who have direct experience with a mental health emergency system that CMHA estimates costs B.C. $6.6 billion every year.

Fellow panellist Annie McCullough, who founded Recovery Day B.C. and the Agape Foundation for Mental Health and Addiction Recovery, said the province needs to "create something that is built around the fact that recovery does work," and includes families and communities in solutions.

But it's experiences and stories of people like her who have dealt with addictions first-hand that "allows our own light to shine" and offers others the "permission" to share their recovery stories too, she said.

"We can't fix what's so broken," she said. "I'm so passionate about what I do because I don't want anyone else to die of this … It's completely and absolutely unnecessary that we wait.

"The government has to work together with the education system and the health care system, and stop working in their silos. It needs a whole system change."

> **"I'm so passionate about what I do because I don't want anyone else to die of this.... It's completely and absolutely unnecessary that we wait.** Annie McCullough

Annie McCullough, co-founder of Recovery Day B.C. and the Agape Foundation for Mental Health and Addiction Recovery, speaks alongside her certified emotional support dog Frank.
DAVID P. BALL/METRO

POLITICS

Notley in B.C. to pitch pipeline

Some observers say Alberta's premier will have a difficult job trying to convince British Columbians to support the Trans Mountain pipeline project between the provinces as she began a two-day visit to B.C. on Monday.

Rachel Notley appears to be taking a low-profile approach to her sales pitch. Her itinerary doesn't include any public speaking engagements and she isn't meeting with Premier Christy Clark, who has attached conditions to her government's support for the Kinder Morgan project.

She has scheduled interviews with media outlets to discuss the pipeline expansion, which received federal approval last week to triple the amount of oil already flowing from Edmonton to a marine terminal in Burnaby.

Notley released a statement to mark the start of her visit, saying Alberta and British Columbia share "deep ties and common values."

"The Kinder Morgan pipeline offers an opportunity to show that a strong economy that benefits working families and world-class environmental standards go hand in hand. I look forward to having thoughtful and constructive conversations about the mutual benefits the project will bring to our two provinces."

THE CANADIAN PRESS

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Animal testing on rise at UBC

UBC researchers used slightly more animals in 2015 studies compared to 2014, according to statistics released by the university Monday.

The total number of animals in projects went up by two per cent. But most (56 per cent) of the animals recorded in 2015 studies were involved in minor or short-term stress activities like tagging or blood sampling, according to a release.

All research-involving animals is done in the name of improving either animal or human welfare, said Ian Welch, director of vet services and research support.

The number of animals involved in studies went up because more grant applications were successful in 2015 compared to 2014, Welch explained.

WANYEE LI/ FOR METRO

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A woman walks on freshly fallen snow at Queen Elizabeth Park. DARRYL DYCK/THE CANADIAN PRESS

Vancouver's first snow day in years

WEATHER

Traffic, transit snarled by ice on roads and SkyTrain tracks

Wanyee Li
Metro | Vancouver

Vancouver experienced its first significant snowfall in two years Monday and can expect more later this week, according to Environment Canada.

Some areas of Metro Vancouver received as much as 10 cm of snow by noon on Monday and Environment Canada forecasted an additional 5 cm by the end of the day.

Meanwhile, the North Shore was hit with as much as 15 cm of snow by noon Monday.

The B.C. Institute of Technology closed all of its campuses and Simon Fraser University closed its Burnaby campus due to the snow.

SkyTrains were delayed during the morning commute due to snow accumulation on the tracks and buses experienced lengthy delays due to traffic congestion.

Some people reported waiting for more than an hour for the 99 bus.

Vancouver may get another dump of snow Wednesday night with a 70 per cent chance of snow and temperatures dropping to as low as -7 C.

15.7 cm

Yesterday's blanket of snow came close to breaking the snowfall record for Dec. 10th, which came out to 15.7 cm in 1942.

RICK MERCER REPORT
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Overdoses are overwhelming

DRUG USE

Firefighters can't keep up with fentanyl crisis: Union

Matt Kieltyka
Metro | Vancouver

A take-home naloxone kit. COURTESY VANCOUVER COASTAL HEALTH

Vancouver firefighters say they need more resources to cope with the city's ongoing overdose crisis.

In statement released by their union on Monday, firefighters say fire trucks and crews from other parts of the city are being re-deployed to the Downtown Eastside, where emergency calls for service have doubled in the last year.

In November alone, fire fighters working in the DTES responded to a record 1,255 incidents.

And while firefighters struggle to save more and more overdose victims in that neighbourhood, the union says other parts of the city are being put at risk if a major fire happens.

"We aren't able to keep up," said Robert Weeks, Vancouver Fire Fighters Local 18 president.

The union is demanding an additional fire truck for the DTES in the city's 2017 budget to battle the fentanyl crisis.

There have been 555 overdose deaths in British Columbia this year, as of Sept. 30, 128 of them in the Vancouver Coastal Health (VCH) region.

Fentanyl, a highly toxic opioid often taken unknowingly by drug users, has been detected in 61 per cent of overdose deaths.

First responders, such as police and firefighters, are now trained to use naloxone kits to reverse overdoses on the streets and VCH is giving out free take-home kits and providing training at emergency departments, clinics and other community sites.

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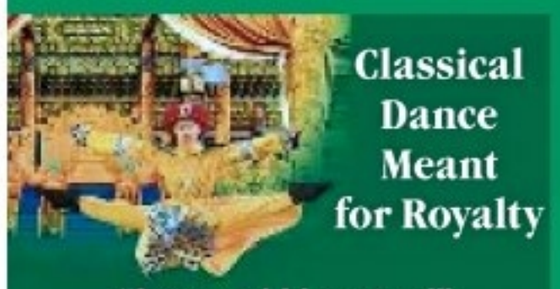

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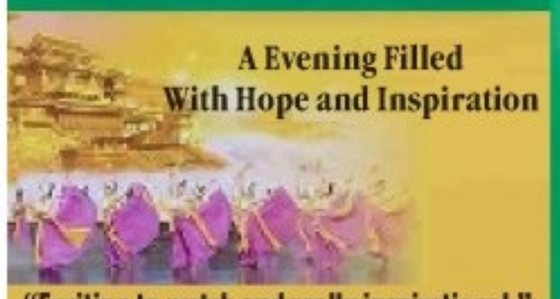

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RENT

Anti-violence groups laud tenancy changes

A legal advocacy organization is lauding changes to B.C.'s residential tenancy act that will permit victims of domestic violence to break a lease early, without financial penalty.

"The changes don't go as far as we recommended, but they're an important first step," said Kendra Milne, director of law reform at West Coast LEAF.

A common situation is one in which a woman has signed a fixed-term lease for one year and was living there with a partner who was abusive.

"There's a protection order in place and the abuser is no longer on the property, but her continuing to be there and him knowing her location kind of allows him to continue the abuse and puts her at risk," Milne said.

A third party needs to verify the risk by filling out a form, and the landlord cannot contest that opinion, Milne said. A number of professionals, ranging from homeless outreach workers to transition house staff, police officers, doctors, social workers or health authority support workers, are able to act as that third party.

> **The changes don't go as far as we recommended, but they're an important first step.**
> Kendra Milne

The change will also help tenants who need to move to long-term care before their lease ends, according to the B.C. government.

West Coast LEAF had recommended that the change also apply to tenants who are facing abuse from a roommate or from a more casual partner, but the modifications don't go that far.

JEN ST. DENIS/METRO

Empty condos may soon be more costly than they're worth, after a new tax kicks in April 2018. JENNIFER GAUTHIER/FOR METRO

Landlords prepare to fill empty nests

AFFORDABILITY

Tax on vacant residences will encourage renting them

Jen St. Denis
Metro | Vancouver

As the City of Vancouver prepares to crack down on the owners of empty condos and houses, the manager of one property-management firm says his company is willing to negotiate a lower fee if it will help nudge vacant units on to the rental market.

"If we see that a landlord is willing to be flexible and is perhaps focusing on affordable housing.... I can tell you myself that's something I'm passionate about and I think we would definitely be ready to sharpen our pencils to make something like that happen," said Krishna Mulder, rental manager for Aedis Realty.

The City of Vancouver began sending out letters and emails this week to let residents know they can either rent out empty units or pay a one per cent tax starting in April 2018.

Vancouver currently has a rental vacancy rate of 0.7 per cent, and rent rates rose by 6.4 per cent between 2015 and 2016 — far beyond the current 2.9 per cent rent increase cap and the highest increase ever tracked by the Canada Mortgage and Housing Corporation, which surveys rental markets every year. The city estimates that around 10,000 housing units are currently empty.

If 2,000 of those are rented out, it would increase the vacancy rate to a "healthy" 3.5 per cent, according to city staff.

The city hopes that a partnership with Landlord BC, a landlord industry group, will help reluctant property owners become landlords. Landlord BC has created a web site specifically for property owners who will be affected by the empty homes tax, and has compiled a directory of property management companies.

Aedis Realty charges a fee of seven per cent of the monthly rent for a high-end unit, and also charges half a month's rent when there is turnover, Mulder said.

10,000

The estimated number of empty housing units in Vancouver

"When a person brings to us three or four or a larger volume or it's downtown and it costs a bit more, we're willing to negotiate," he said.

Mulder acknowledged that some property owners may be concerned about damage to their property. His own first experience as a landlord was a disaster — "My tenants literally burned my house down"— but he said that was because he knew nothing about B.C.'s tenancy legislation or how to properly screen tenants. Mulder contrasted that experience with the "wonderful tenant" in a condo he currently owns.

"He has consistently, for the past few years, paid my mortgage, paid my strata fees and paid my property taxes."

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Bad day for education

LABOUR

Minister called on to quit after all Nova Scotia schools closed

Zane Woodford
Metro | Halifax

Calls for the resignation of Nova Scotia's minister of education's resignation bounced off the walls inside and outside the Nova Scotia House of Assembly on Monday, but to the minister herself, the idea was laughable.

After shutting down every school in Nova Scotia on Saturday, Minister Karen Casey announced Monday that they'd reopen Tuesday, citing a change in the directives around the Nova Scotia Teachers Union's planned work-to-rule job action.

Casey had said on Saturday that the union's work-to-rule job action would make schools unsafe for children, leaving her with no choice but to close them.

"Those circumstances have now changed, and they've changed for the better," Casey said Monday afternoon.

The leader of the province's Progressive Conservatives, Jamie Baillie, called on Casey to resign.

"The government really decided to play politics with students and classrooms," Baillie said Monday. "They closed the schools, causing great hardship to all Nova Scotia families on the pretext of safety. That pretext was blown out of the water for the lie that it is today, and now the government's credibility is in tatters."

During an eight-minute press conference for which the minister was 25 minutes late, Casey laughed when asked if she was considering resigning.

"I have no intention of resigning," she said.

> **The government did a good job of pissing off parents, they really did.**
> Maylia Parker

By the end of the day Monday, the crowd outside the House of Assembly numbered in the hundreds, and speakers, to cheers, called for Casey's resignation.

Maylia Parker and her husband Jeff brought their kids Mattias and Ella to the protest Monday morning, wanting to give them a lesson in politics.

"We decided instead of going to work today, we would take this time to educate our kids on civic duty, and democracy, and how this process works," Parker said, calling the government's reason for closing schools "a crock, a complete excuse."

CRIME

Defence worker in $1M Kijiji jam

Haley Ritchie
Metro | Ottawa

A National Defence worker allegedly stole more than $1.2 million worth of computer equipment over four years by using false purchasing orders, court documents show.

Andrew Heggaton, 33, was a civilian employee with the Department of National Defence inside the Canadian Forces Crypto Support Unit. He was fired in 2015 after an investigation caught him creating false documents and stealing expensive computer equipment, the documents say.

Heggaton was caught in the act on March 6, 2015, the court file says, with stolen parts totalling over $5,000 found on his person.

Court documents note that the stolen parts included 15 Intel Core I7 Processors which retail for around $550 each, and four Crucial BX 100 SSD Cards, which retail for around $250 each.

The parts he was caught with in March were the latest in a long-running con that saw him order over $1.2 million worth of merchandise on behalf of the government, the court documents allege. Heggaton would allegedly order computer parts for the department with fake purchasing orders and pocket the money after reselling them on Kijiji.

Heggaton faces seven charges, including forgery, fraud, theft and trafficking of stolen goods.

While he was required to get approval on purchases, falsified documents prevented him for being caught.

The department's finance manager, Gerry Ringuette, approved orders without knowing that Heggaton hadn't received a real approval signature.

MONTREAL CALL MR. PLOW
Winter has reared its ugly head in cities across the country and those early snowy blasts are creating havoc on the roads. Montreal is not immune to slippery snafus as we can see reflected in the misadventures of bus drivers and others who became caught up in the snowballing situation.

TEXT: ANDREW FIFIELD/METRO; PHOTO: FACEBOOK/TORSTAR NEWS SERVICE

Bus routes are changing

The opening of the Evergreen Extension provides an opportunity to revise the bus network to better meet community needs and provide more direct connections to SkyTrain and West Coast Express.

Starting Monday, December 19, some of the bus routes in the Tri-Cities and surrounding areas will change. Know before you go at translink.ca/servicechanges

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TRANSLINK

WASHINGTON, D.C.

From online rumour to real violence

The bizarre rumours began with a leaked email referencing Hillary Clinton and sinister interpretations of references to pizza parties. It morphed into fake online news stories about a child sex trafficking ring run by prominent Democrats operating out of a Washington, D.C., pizza joint.

On Sunday, it culminated in violence when police say a North Carolina man fired an assault rifle inside the Comet Ping Pong restaurant as he attempted to "self-investigate" the conspiracy theory known on the Internet as "Pizzagate." No one was hurt and the man was arrested.

One person clinging to the conspiracy theories is connected to Donald Trump's transition team. Michael Flynn Jr. is an adviser to his father, Michael Flynn, whom Trump selected to serve as national-security adviser. Flynn Jr. has tweeted numerous times about Pizzagate. THE ASSOCIATED PRESS

Edgar Maddison Welch surrenders to police on Sunday after "investigating" a conspiracy. SATHI SOMA/THE ASSOCIATED PRESS

Fireworks fill the night sky after activists learned an easement had been denied for the Dakota Access Pipeline near the Standing Rock Sioux Reservation on Sunday night. GETTY IMAGES

'The whole world is watching'

STANDING ROCK

After massive achievement, activists vow to keep fighting

Protesters who celebrated a major victory in their push to reroute the Dakota Access oil pipeline vowed to remain camped on federal land as they wait to find out whether president-elect Donald Trump might seek to overturn a decision that delayed the $3.8-billion project.

The American Petroleum Institute, which represents the U.S. oil and natural gas industry, urged Trump to make approval of the disputed pipeline a "top priority" once he takes office next month, but a Trump spokesman on Monday offered few clues about how the incoming president might address the matter.

The Army Corps of Engineers on Sunday denied a permit for the pipeline to cross under the Missouri River in southern North Dakota near the Standing Rock Sioux Reservation. The tribe believes the 1,900-kilometre pipeline to transport oil threatens drinking water and cultural sites.

"I am hopeful President-elect Trump will reject the Obama administration's shameful actions to deny this vital energy project," American Petroleum Institute president and CEO Jack Gerard said in a statement late Sunday.

"The whole world is watching," said Miles Allard, a member of the Standing Rock Sioux. "I'm telling all our people to stand up and not to leave until this is over." THE ASSOCIATED PRESS

OAKLAND

No more bodies expected in fire

Terry Ewing was among the anxious family and friends who received confirmation Monday of what he already knew in his heart: His girlfriend was among the three dozen killed in the Oakland warehouse fire.

Authorities confirmed the death of Ara Jo as the death toll rose to 36. Prosecutors also said Monday that murder charges could result from their investigation into the fire that broke out during an underground dance party at a building known as the "Ghost Ship."

Alameda County Sheriff Gregory Ahern said he didn't believe there would be additional bodies found in what is the most lethal building fire in the U.S. in more than a decade. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, December 6, 2016

CHANTAL HÉBERT ON THE 'LOCK HER UP' CHANT

Does Chris Alexander not believe that those who aspire to leadership positions have a responsibility to draw the line?

What could former immigration minister Chris Alexander have been thinking?

On Saturday, the federal Conservative leadership hopeful spoke at an Alberta rally against that province's planned carbon tax.

As he regaled the crowd with an invitation to vote out NDP premier Rachel Notley, protesters began the "Lock her up" chant that was one of the more despicable features of president-elect Donald Trump's campaign.

A video of Alexander shows him smiling and then nodding along and gesturing in time with the chant.

He then resumed speaking — for about a full minute — but never alluded either to the chant or to what he subsequently said was his sense that it was totally inappropriate.

He told the CBC: "I was smiling because I was trying to think of a way to change the chant."

To Maclean's, he maintained that he disapproved of the chant but that he believed one should listen to constituents.

But the latter did not stop Jason Kenney — even as he is campaigning for the Tory leadership in Alberta — from calling out the protesters.

As opposed to Alexander, Kenney does have a dog in the provincial fight against Notley. He tweeted: "There are good reasons to oppose a carbon tax. But calling on our democratically elected premier to be 'locked up' is ridiculous and offensive."

Just last week on CBC's The National, Alexander agreed to read some of the abusive e-mails and tweets he received for his role in handling the Syrian refugee crisis.

The main point of the exercise was to expose how social media has become a vehicle to spread hatred against politicians and their families in general and women in politics in particular. Vile language is increasingly becoming par for the course in Canada's public debate — at some cost to citizen engagement.

For every protester validated by Alexander's silence on Saturday, there are likely many who found his complacent silence at least as disturbing as the chant itself.

Does he not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

One can only wonder why Alexander spoke at the demonstration in the first place. Federal leadership aspirants — or at least those who are considered serious contenders — do not normally take the stage at protests against sitting provincial governments. There are good reasons for that. Often as not the stuff that party supporters dislike in one province is party policy in another.

In Alexander's own province of Ontario, Tory leader Patrick Brown, subscribes to the necessity of pricing carbon.

In Manitoba, Conservative Premier Brian Pallister — yet another former federal Conservative caucus member — has promised to deliver a made-in-Manitoba carbon-pricing plan.

Both are leaning towards a revenue-neutral carbon tax.

It is not the first time Alexander has missed an opportunity to show that he is neither tone-deaf nor spineless.

With Canadians reeling from the photographs of the lifeless three-year old Alan Kurdi at the time of the 2015 federal campaign, he gave the CBC an interview about the Syrian refugee crisis that was so devoid of empathy that it probably went some way to costing him his seat.

In the days leading up to the vote he, along with leadership rival Kellie Leitch, took on the dubious mission of promoting a government snitch line to report so-called barbaric cultural practices.

Prior to throwing his hat in the leadership ring, Alexander said in an interview that both issues had been mishandled. He believes that contributed to the Conservative defeat. They were also the only two campaign events that featured him in a frontline role. Not that it is really an excuse, but in contrast with Saturday's appearance in Alberta, he could at least be assumed to have been acting on orders from the campaign brain trust.

On Tuesday evening, the 14 men and women who are currently vying for Stephen Harper's succession will take part in the first of two debates designed to offer a measure of how fluent they are in both official languages.

That may be the only test of leadership the bilingual Alexander will pass with flying colours.

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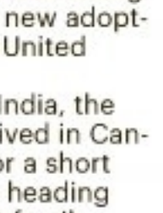

From a country where currency has been taken away to curb corruption to another country that was founded on representation based on taxation, Vasu Nair and Mala Sankara are discovering that their education and skills can take them anywhere.

But the problem is they don't feel like they belong anywhere yet.

Nair, a software engineer who currently works in Atlanta, Georgia, arrived in the United States the year after Barack Obama first took office in 2009.

Sankara, a computer scientist, arrived three years ago after being sponsored by a technology firm. Despite being wanted and employable, the couple are years away from becoming citizens of their new adopted home of the United States.

Initially from India, the two of them arrived in Canada last week for a short vacation before heading overseas to visit family.

On holidays in Vancouver, they are still on the phone and on Skype starting their workday at 5 a.m. Just recently, Sankara received a job offer to start right away for a tech company in Waterloo after being recruited for her specific skills in mobile technology. She had to decline because they needed someone immediately.

Borders or time zones don't restrict their jobs; their skills travel with them wherever they go.

Nair and Sankara's situation raises a global issue worth considering: How do governments treat people who can work anywhere? What's a fair system for workers who have spent years on their education, acquiring much-needed skills, and are willing to leave the familiar for the unknown?

American employers sought them out from India and sponsored them to live in the United States for their high-tech background.

The country where Nair and Sankara's parents still live has just recently decided to eliminate its currency in a move to propel India into the digital age.

The demonetization by India's government was also designed to curb corruption and thereby entice people like Nair and Sankara to move back to India.

"The U.S., the most high-tech country in the world, is trying to push people out and India is saying we want you to come back, cutting corruption, red tape and bureaucracies," says Nair, who is tempted to return but still believes in the American dream of entrepreneurial ambitions.

"These two countries are at two different stages of development and people are caught in between."

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metro LIFE

Your essential daily news

Jimmy Kimmel will host the 89th Academy Awards on Feb. 26, his first time as Oscars MC

The diagnosis: burnout

MEDICAL PROFESSIONALS

Working 100+ hours per week takes a toll on residents

Genna Buck
Metro

MAXED OUT: HOW WE COMPARE

Canadian residents look to be burdened with a heavier load than their global counterparts. Here's a breakdown of the maximum hours per week doctors around the globe can work.

New Zealand: 72
European Union: 48
United States: 80
Canada: Varies by province, but generally there are no limits. Residents can work a maximum of seven 24-hour call shifts in a month.

METRO

Young doctors are risking fatigue and emotional burnout with their working hours. ISTOCK

Imagine this was your schedule: All week, your alarm buzzes at five a.m. You're at work by six, and then it's non-stop until eight or nine at night. Lunch break? If you're lucky.

The next day, you're on call for 24 hours. You may or may not get to sleep.

That's life as a medical resident in Canada. In most specialities, residency is a four-year marathon after med school: 100-hour workweeks, evenings spent studying and up to seven 24-hour call shifts a month, except in Quebec, where they're capped at 16 hours.

Experts have been debating for decades about whether doctors who work such long days are hurting patients — or themselves.

Their focus has shifted since 2013, when a research report from Canada's doctors' associations found, surprisingly, no clear evidence that patient safety improves when doctors aren't allowed to work above a certain number of hours per week (typically 80), or are required to block off five uninterrupted hours to sleep.

Rather than strictly limiting hours, hospitals and doctors' groups are turning to interventions like the resiliency curriculum developed by Resident Doctors of Canada. It's based on cognitive behavioural therapy and teaches self-monitoring and mindfulness.

Dr. Kimberly Williams, president of RDoC, believes long hours are not the only, or even the most important, contributor to burnout. It's the pressure of being constantly evaluated, the lack of control over your schedule, and uncertainty about the future, she said.

Two major studies in the past month, one from the Mayo Clinic and one in the medical journal The Lancet, looked at ways institutions have tried to deal with fatigue, emotional exhaustion, and extraordinary depression rate: 29 per cent, versus 12 per cent of the general population.

The Mayo clinic study found hospitals had the most success with organization-wide changes like regular psychological screening, leadership training for supervising doctors and bi-weekly group dinners where residents can vent to peers who understand.

> **I've worked 24 hours straight without a break of any kind.**
> Medical resident

The Lancet paper, which reviewed previous studies, found pretty much all burnout-reduction programs were equally, and not very, effective. On average, they reduced burnout rates from 54 per cent to 44 per cent, as measured by a standard psychological test.

And that's assuming those who have a problem admit it.

Many doctors don't, said one resident who has trained in both Ontario and Quebec hospitals. He didn't want us to mention his name or even his speciality.

He described workplaces with a "machismo" culture and unsustainable stress, and needed counselling to cope.

Young doctors are often far from home, working for bosses who are depressed and irritable, and dealing with traumatic cases and patient deaths for the first time — all without a moment to breathe, he said.

"I've worked 24 hours straight without a break of any kind, having a granola bar in my pocket," he said. "Pretty much every resident can describe a situation like that."

It's a recipe for depression: "You forget about yourself. You feel like a slave, and like you'll be a bad doctor."

Even going to the bathroom feels like letting down a patient and your co-workers, he added.

He said there's not a clear solution. More downtime means the need for more residents, who will need more (taxpayer funded) jobs after their training. And with more doctors on duty, studies show, there are more patient hand-offs, increasing the chance something important will be missed.

He'd like to see hospitals reduce the amount of time doctors spend on paperwork that could be done by someone else. But at the heart of the issue is the need for more rest.

"It would be very helpful to be able to do the things we did to get into med school: volunteer, be a community member, see family and friends. The culture says those things are frivolous. They're not," he said.

GET A GRIP

New study finds boots' claims on unsteady ground

This winter, thousands will feel their legs fly out from under them, and curse the icy surface that forced them to the ground.

A group of researchers is trying to prevent those winter falls by helping Canadians pick out the safest, non-slip winter boots on the market. The Toronto Rehabilitation Institute-University Health Network examined 98 pairs and rated their grip on slippery surfaces on a scale of one to three snowflakes.

Researchers tested the slip resistance of 98 different pairs of winter boots on ice and found that just eight per cent met minimum standards. Boots were measured based on the "Maximum Achievable Angle" method, hailed as the first of its kind.

"We discovered that 90 of the boots we tested couldn't even get to seven degrees, they couldn't even get to one snowflake," Geoff Fernie, the research director said.

TORSTAR NEWS SERVICE

When it comes to casual boots, researchers found Sperry's Vibram Arctic Grip boots (left, $200; Sperry.com) held up best of all.

LEARNING CURVE

WHAT TO EXPECT FROM YOUR FIRST POST-SECONDARY EXAM

ISTOCK

Remember your very first test? Palms sweating and knees shaking, you clutched onto your pencil as Teacher handed out those papers and you prayed you might be able to peek over your pal's shoulder for a few of the answers.

Years later and your first post-secondary exam is on the horizon. The nerves of the past remain, but now your panic is in part due to your not knowing what to expect when entering the exam room. So what can you study up on to prepare you for this all-new type of test?

"Definitely students should know that the weighting of the exams is different," says Alison Crerar, academic advisor and course instructor at the University of Guelph. "In high school you have many different opportunities throughout the year to build a final grade. Whereas here you can have two midterms and a final exam and that's it."

Further to that point, Crerar says students new to post-secondary don't often realize that post-secondary exams are generally set in stone, despite life's unfortunate circumstances.

"If say, your girlfriend breaks up with you the day before your exam and you're in no shape or form, you've got to speak with your counsellor and professor right away," says Crerar. "The prof might then recommend you don't take the exam, but after the fact it's very difficult to retake it."

"I also find that students are shocked when they have to complete two exams in one day," says Crerar. "But you can have three in one day. As long as it's not a conflict you should prepare to have multiple."

Roxanne Ross, manager of the student success centre at the University of Calgary, says that understanding how you will be tested and preparing accordingly is key to calming the jitters.

"Preparing for an essay exam might include identifying course themes and corresponding supporting details as well as anticipating questions and practicing timed writing," says Ross. "For multiple choice exam preparation however, students might want to focus on organizing a lot of detailed information in a way that they will be able to easily recall such as creating diagrams, concepts maps or charts."

Ross encourages students to ask professors for clarification on the set up of the exam, as well as to confirm what they are allowed to bring along with them.

"Students are restricted in what they can bring into an exam, so ensuring they understand what is and isn't permitted is really important such as calculators, formula sheets and study sheets."

And in the spirit of checking in on the process, Cory Haskins, professor of culinary arts at Algonquin College reminds that exams can differ from college to university.

"This semester my class will have 2.5 hours to prepare an appetizer and main course," says Haskins, pointing out the uniquely hands-on nature of the college setting. "They will be marked on sanitation, professionalism, speed, taste, organization."

Haskins adds that although just as important, final exams in Canadian colleges often won't make up quite as much of the final mark as they do in university.

"College courses generally have a number of smaller assignments during the semester. says Haskins. "These practical classes almost all have exams but students are required to demonstrate the skills they have developed throughout the semester."

-LIZ BEDDALL

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Practically every company needs an information technology (IT) officer to help them navigate their internal networks and computer systems. The job of an IT professional is in-demand, providing many opportunities for qualified people in many different workplaces.

If you become an IT professional, you may work in a large organization, a small, energetic start-up or a firm that specializes in providing IT support to clients that need it.

Jobs in the field include network systems engineer, network systems administrator and information systems support specialist.

On the job day-to-day, you'll manage the business's internal network, you may install and configure hardware and install software. Systems support and optimization are an ongoing challenge, requiring you to use the latest technologies to help your company run efficiently.

The compensation is competitive too. A network administrator in B.C. makes a median wage of $32.69 per hour, according to the Government of Canada, according to jobbank.gc.ca.

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To kick-start a new career in this promising field, start by taking an education program that will give you the up-to-date knowledge and skills you need to succeed in the field. The technology programs at CDI College are a great place to start.

CDI College is now offering a scholarship for students entering its IT programs. Until the end of December, students can apply to win a $2,000 IT scholarship to help with their studies.

Find out more online at studytech.cdicollege.ca, or call 1-800-360-7186.

A career providing critical health care

Nurses in B.C. have never been more needed. If you're looking for a new career and you're interested in working in a health care setting, the job of a licensed practical nurse may be for you.

According to recent research, there's currently a nurse shortage in B.C., meaning that you'll be in high demand.

Practical nurses are critical in the health care system. They're needed to help provide important medical support for patients in many different medical settings.

Diverse workplaces available for nurses include providing acute care in a hospital, offering public health and one-on-one student support at a public school, personalizing health care and building one-on-one relationships as a home-care nurse, and many other possibilities.

The position is also well-compensated. A licensed practical nurse in B.C. makes a median wage of $25.50 per hour, according to jobbank.gc.ca.

If you're interested in getting into this challenging and rewarding career, take a reputable program to gain the skills and experience you need. The Practical Nursing Program at Vancouver Career College provides hands-on clinical placements that enable graduates to jump right into the field.

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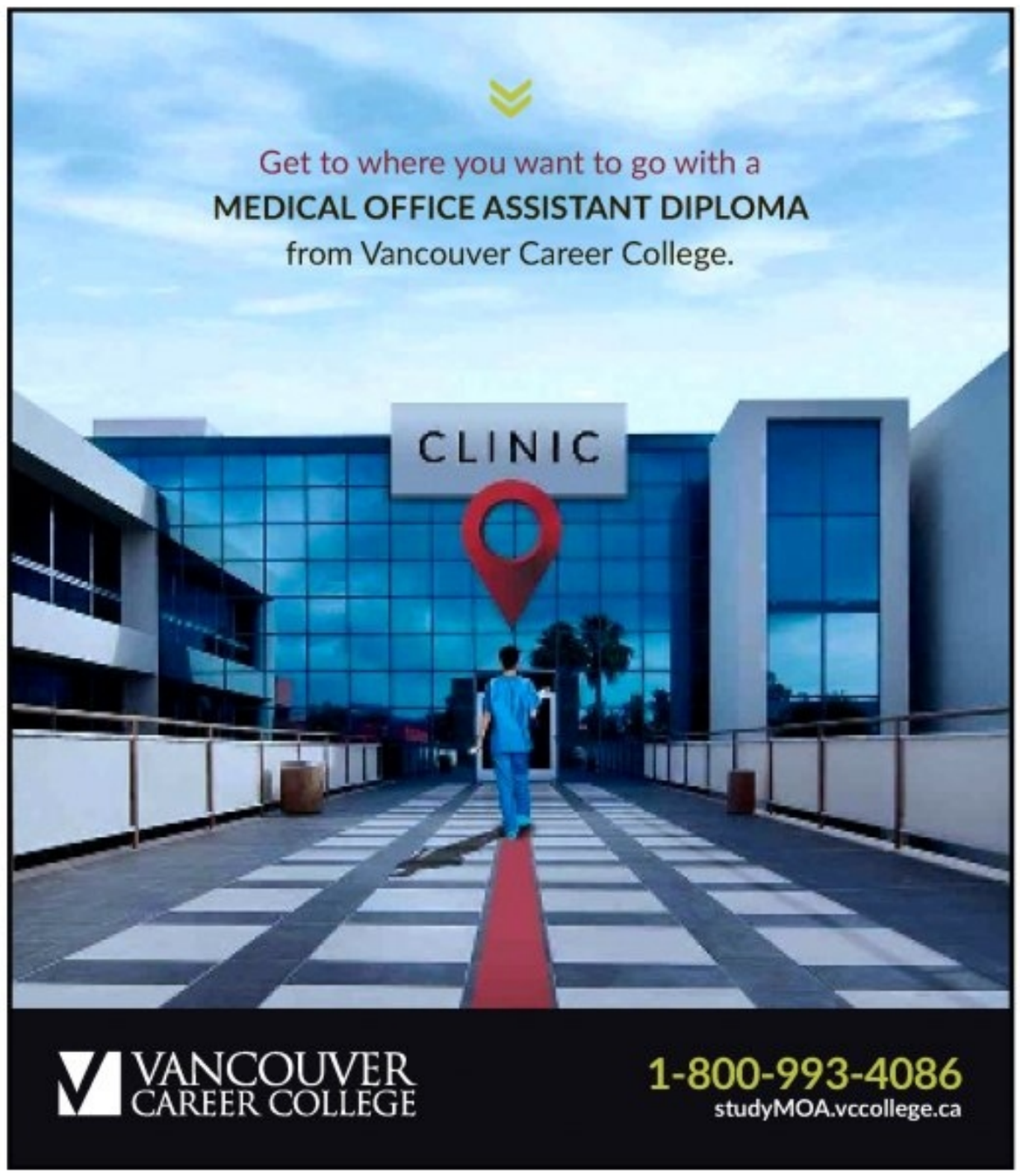
Visit the Vancouver Career College Burnaby campus to learn more about your career options as a licensed practical nurse. The campus will be holding info sessions on Dec. 20 from 1:15–5:00 p.m. and on Jan. 5 from 1:00–5:00 p.m. Drop-ins and first-time visitors are welcome.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.



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Aboriginal Gathering spaces key part of the department

At Vancouver Community College's (VCC) Broadway and Downtown campuses you will find an area where students work on assignments, use computers, partake in workshops and relax.

And if you look closely, you may also see students sharing stories with Elders and receiving support that recognizes the value and importance of Indigenous ways.

Known as Aboriginal Gathering spaces, they are part of the school's Indigenous Education and Community Engagement department, which for more than 10 years has been providing support to Indigenous students, faculty and staff.

Today, it continues to launch exciting initiatives, says the department's director.

"Reducing systemic barriers, strengthening relationships between Indigenous and non-Indigenous college communities, and working collaboratively with all departments to support Indigenous students has been part of a larger VCC initiative for some time," says Tami Pierce, the department's director.

"The constant in most everything that we do here is that we involve Indigenous students wherever possible.

For example, we have a new Indigenous Student Advisory Committee that is very excited about working with our department to create new opportunities, develop or enhance existing support and simply be part of a changing environment."

In addition to actively involving and supporting students, the Indigenous Education and Community Engagement is responsible for collaborating with curriculum teams to indigenize existing curriculum, developing new curriculum, facilitating workshops on the history of Indigenous people, and creating new or enhance existing relationships with community stakeholders.

While it contributes to policy, process and system changes or development, it also works with the external Indigenous community.

"Recently, we worked in collaboration with the Baking and Pastry Arts Department to create a pathways to baking and pastry arts program offered to members of a local Aboriginal community," says Pierce. "We involved Elders and leaders from the community to assist in the development of the curriculum, assessments, and design and delivery of the program. To date, this program has maintained an 88 per cent success rate."

For its next initiative, the department's Elders are planning a networking luncheon to which they will invite Elders from other post-secondary institutions to share stories in hopes of creating a peer support network.

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Teaching English to speakers of other languages (TESOL) Wednesday, Dec. 7, 11 a.m. - room 1227	Broadway
University transfer Wednesday, Dec. 7, 2:30 p.m. - room B1208	Broadway
Adult upgrading Wednesday, Dec. 7, 3:30 p.m. B1208	Broadway
Interpreting Wednesday, Dec. 7, 6 p.m. - room 822	Downtown
Baking and pastry arts Thursday, Dec. 8, 10:30 a.m. - room 216	Downtown
English as an additional language Thursday, Dec. 8, 10:30 a.m. - room 3566	Broadway
Fashion Thursday, Dec. 8, 1 p.m. - room 920	Downtown
First year university transfer Thursday, Dec. 8, 3:30 p.m. - room B1206	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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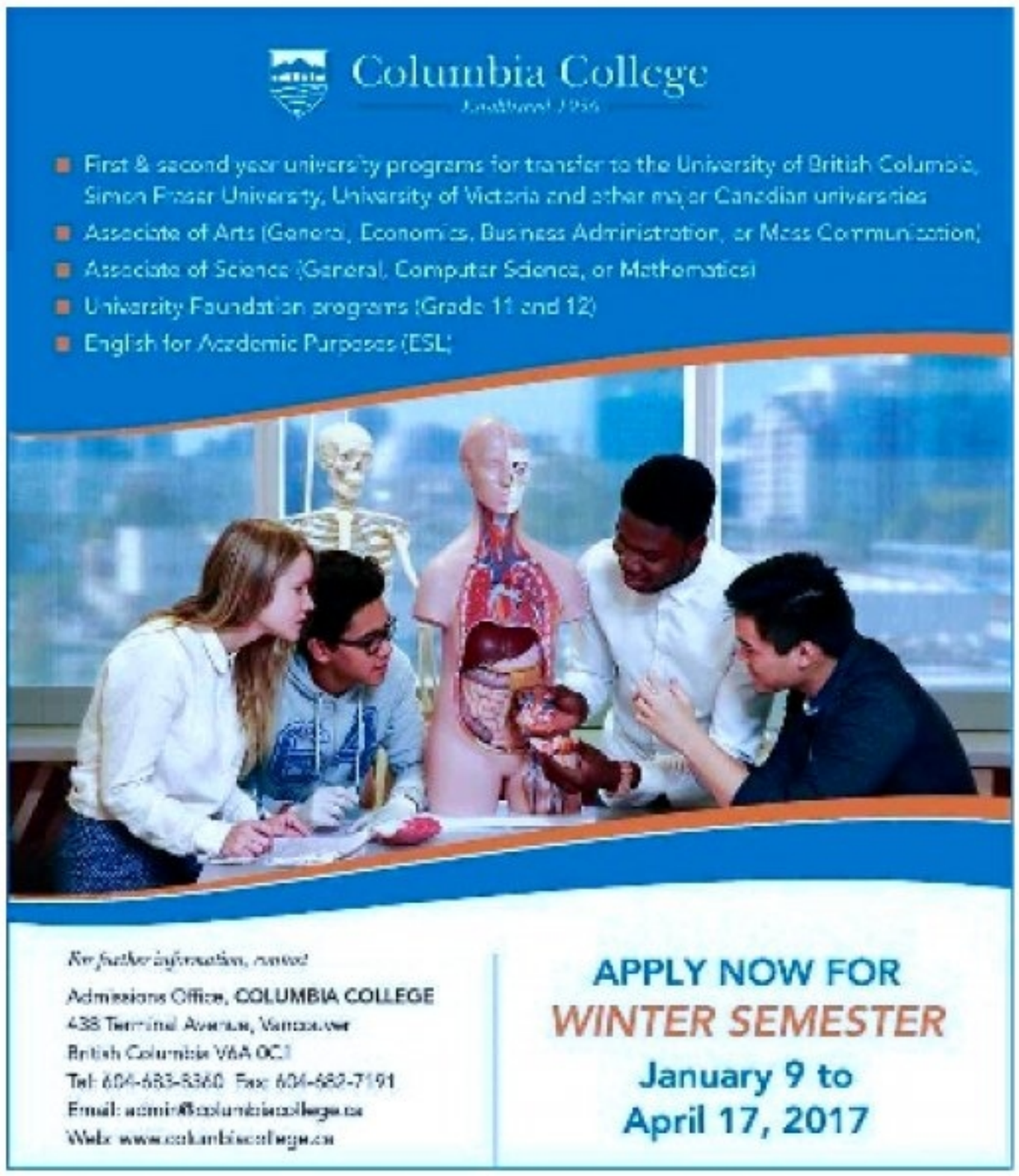
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GETTING INVOLVED WITH YOUR STUDENT GOVERNMENT

ISTOCK

Welcome to a period in history in which politics are difficult to dodge. Everywhere you turn, whether it be on social media or in the Starbucks lineup, stances are being taken on every topic imaginable. But what about your own, unique voice and viewpoint?

If you're a student yearning to make an impact in the world but you're not sure where to begin, the student-led governing bodies of your university or college might just be perfect places to start.

"We inspire small and large changes everyday," says Dylan Ryan, vice-president of finance and operations for the Dalhousie University Student Union. "Every student is eligible to be involved in whatever capacity they would like to be."

Ryan says some of his proudest moments during his time with the union include establishing a sexual assault phone line on campus and advocating for higher representations of students from marginalized communities, at the senate level.

"These societies and student bodies allow you to grow in a way you can't in a classroom," adds Ryan. "It's an awesome place to meet people — to challenge your ideas and meet those who don't necessarily agree with you, but who are willing to engage respectfully."

"You meet the kind of people who want to change the world — and that mentality rubs off on you," agrees Tamara Jones, vice-president of equity for the Ryerson Student Union. "Unions and societies on campus can also provide students with a great support system — a core community of people who help keep each other on track."

AN INNOVATIVE DELIVERY APPROACH AT NYIT

This fall, the New York Institute of Technology's (NYIT) Vancouver campus launched a master of science in energy management (M.S.-EM) program, which not only offers flexibility but also an innovative delivery approach.

"One of the most important aspects is the options students get," says Remi Charron, program coordinator. "The program can be completed full time with an optional internship or part time for those who may already be in the field and looking to specialize."

Other distinguishing features, says Charron, include a curriculum that balances conservation of energy and renewable energy topics, the opportunity to study in New York, as the same program is offered at the NYIT campus there, and unique experiences. This semester, for example, students toured Richmond Plywood as part of their energy management course.

"Making plywood is energy intensive and students got to see first hand what they've been learning because our program doesn't just cover commercial buildings but industrial sites as well," says Charron.

The program's flexibility and hands-on approach has led the current M.S.-EM class to apply for NYIT's Presidential Global Fellowship, which can be used to engage in research and innovative projects around the world.

The group hopes to use the fellowship to complete a project that contrasts geothermal energy potential and cultural implications of Mount Meager in B.C. and the local First Nations community with those of the Boiling River in the Amazon and its aboriginal population.

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Canadian catcher Russell Martin of the Blue Jays is among 30 players who are confirmed to participate in the 2017 World Baseball Classic

Burrows' resurgence benefiting Canucks

NHL

Veteran winger has stepped up since 9-game losing streak

The Canucks are 7-4-1 since Alexandre Burrows, centre, was promoted to a line with Sven Baertschi, left, and Bo Horvat. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Alexandre Burrows stood in the middle of the Vancouver Canucks' locker-room after the final game of a frustrating 2015-16 season unsure of the future.

He had just completed his worst statistical year in nearly a decade, and with his 35th birthday just around the corner, the veteran forward knew he was a candidate to have his contract, with a hefty cap hit of $4.5 million US, bought out.

"I totally get the business," Burrows said after that game on April 9. "The team wants to get younger. They want to establish a new core. At the end of the day I wasn't good enough this year."

Being good enough hasn't been an issue lately for Burrows, who is back with the team and making big contributions.

After the Canucks decided to hold onto Burrows this summer, he started the season in a checking and mentoring role, averaging less than 12 minutes a night.

But with Jannik Hansen out injured, former first-round pick Jake Virtanen banished to the press box and eventually the AHL, and the club mired in an ugly nine-game losing streak, Vancouver promoted Burrows to a top-six role alongside Bo Horvat and Sven Baertschi on Nov. 8.

Burrows would score twice against the New York Rangers — his first two points of the season — to help snap the skid. He has four goals and six assists in the 12 games since the switch for the Canucks, who are 7-4-1 over that span.

> **He's a great teammate and now he's playing great.**
> Coach Willie Desjardins

Burrows had just nine goals and 13 assists all of last season.

"I learned a long time ago things can change really quick in this business," Burrows said last week in the same locker-room at Rogers Arena where he pondered his future eight months earlier. "It felt like it could have been my last game — yes, it was a possibility.

"Management made the decision to bring me back. That was up to them. Right now I just want to continue helping the team succeed."

It's hard to know for certain if Horvat, who tops the Canucks with eight goals and is tied for the points lead at 16, and Baertschi have been the ones to spark Burrows, or whether it's the other way around.

Baertschi has four goals and five assists since the line was put together — he sat out two games because of injury — including six points (three goals, three assists) in his last five outings after registering just two assists over the season's first 13 contests.

"Bo and Sven are great players," said Burrows. "The biggest thing is their will to get better, will to win and drive the bus. We're getting on the scoresheet right now, but we can't be satisfied." THE CANADIAN PRESS

NHL

Dorsett prepared to get neck surgery

Vancouver Canucks forward Derek Dorsett is set to undergo neck surgery, the club announced Monday.

The cervical fusion surgery to repair disc degeneration will be performed at a spine clinic in Los Angeles, the Canucks said in a statement.

The team added that Dorsett is expected to make a full recovery, but there is no timeline for his return to the ice.

The 29-year-old has one goal, three assists and 33 penalty minutes this season, but hasn't played since getting injured in the first period of a game against Arizona on Nov. 17.

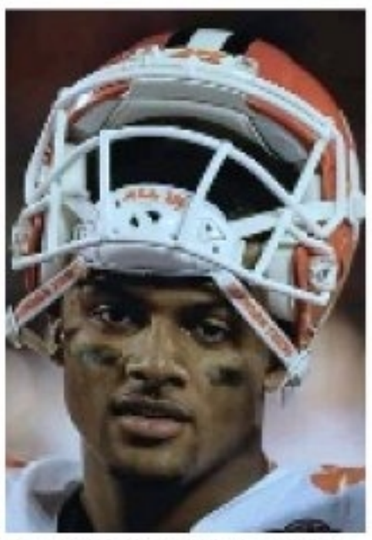
Derek Dorsett GETTY IMAGES

"The decision to perform surgery was made after a thorough review of our options, including non-surgical treatment and rehabilitation," Canucks general manager Jim Benning said in a release. "Derek is an important member of our team and we are optimistic for a full recovery."

The Canucks open a five-game road trip Tuesday in New Jersey. THE CANADIAN PRESS

NCAA

Watson a Heisman finalist once more



Deshaun Watson GETTY IMAGES

Clemson quarterback Deshaun Watson is a Heisman Trophy finalist for the second consecutive season, joining Louisville quarterback Lamar Jackson, Michigan linebacker Jabrill Peppers and Oklahoma teammates Baker Mayfield and Dede Westbrook.

The finalists were announced Monday and the award will be presented Saturday in New York.

Watson finished third in last year's voting, won by Alabama running back Derrick Henry. Just like last year, he heads to New York not as the favourite but as the contender coming on strong at the end. THE ASSOCIATED PRESS

AUTOPSY REPORT

Former Senator Svatos died of overdose

Former Senators player Marek Svatos GETTY IMAGES

Authorities say former Colorado Avalanche player Marek Svatos died of a drug overdose.

According to an autopsy report released Monday, the 34-year-old had several drugs in his system at the time of his death on Nov. 5, including anti-anxiety medication and painkillers.

It also said that drug paraphernalia was found near him at his home in the suburban Denver city of Lone Tree.

The Douglas County coroner's office concluded he died of "combined drug intoxication" but officials couldn't determine whether it was accidental or not.

The report noted that Svatos reportedly had a history of using heroin, had had suicidal thoughts and had recently experienced "life stressors" and legal issues.

The native of Kosice, Slovakia played for the Avalanche from 2004 until 2010. He also played briefly for Nashville and Ottawa.

Svatos recorded 100 goals and 72 assists in 344 regular-season NHL games. THE ASSOCIATED PRESS

SOCCER IN BRIEF

Blatter loses ban appeal

Sepp Blatter lost his appeal against a six-year ban by FIFA on Monday, and now has more serious legal cases lined up against him. Blatter said in a statement it was "difficult" to accept the Court of Arbitration for Sport's verdict.

The former FIFA president, who was banned for approving a $2-million payment to Michel Platini in 2011, said he will accept the decision. He could have pursued a further appeal at Switzerland's supreme court.

THE ASSOCIATED PRESS

Tragedy-hit Chapecoense awarded Sudamericana title

The Brazilian club Chapecoense, which lost most of its players in an air crash last week, has been awarded the Copa Sudamericana championship by the governing body of South American soccer.

In a statement Monday, CONMEBOL said it awarded the title "as a posthumous homage to the victims of the fatal crash that leaves our sport in mourning." Nineteen of Chapecoense's players were killed in the crash just outside Medellin, Colombia. THE ASSOCIATED PRESS

NBA IN BRIEF

James and Cavs defeat Raps
LeBron James hit 34 points, eight rebounds and seven assists as the Cleveland Cavaliers (16-5) wrested sole ownership of first place in the Eastern Conference from the Raptors with a 116-112 win Monday, ending Toronto's six-game winning streak in yet another tense, tightly contested game.

DeMar DeRozan led the Raptors (14-7) with 31 points. THE ASSOCIATED PRESS

Thunder shoot down Hawks
Russell Westbrook extended his streak of triple-doubles to six games, leading the Oklahoma City Thunder to a 102-99 victory over the skidding Atlanta Hawks on Monday night.

Westbrook scored 32 points, grabbed 13 rebounds and doled out 12 assists, carrying on the NBA's longest run of triple-doubles since Michael Jordan had seven in 1989. THE ASSOCIATED PRESS

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1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3

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Seahawks' Thomas out for rest of season

NFL

Irreplaceable Seattle safety breaks leg as playoffs loom

Earl Thomas was carted off the field in Sunday's win over Carolina. OTTO GREULE JR/GETTY IMAGES

It was one thing for the Seattle Seahawks to know they would be without safety Earl Thomas for one game, maybe two.

Now that the former All-Pro safety is done for the rest of the 2016 season — no matter how far Seattle may advance in the playoffs — the Seahawks are facing a new reality for the rest of this year that doesn't include arguably their most important defensive player on the field.

"I don't think you're going to replace Earl Thomas. He's a very unique player. But he's very quiet. He's not a guy who adds a whole lot on the vocal side. He does it with his play," Seattle coach Pete Carroll said on Monday. "Earl is Earl."

The Seahawks now know the earliest they will see Thomas back on the field is the 2017 season after he suffered a broken lower left leg in Sunday's 40-7 win over Carolina. While there was an initial thought that Thomas could return if the Seahawks made a deep run in the playoffs, Carroll said further examination on Monday determined the recovery for the fractured tibia is too extensive for the star safety to make it back this season.

It's a crushing injury to the player that makes Seattle's defence function perhaps more than any other. And while Steven Terrell is a solid replacement with experience in Seattle's system and one start already this season, he's not Thomas, as Carroll said.

"You can't make up for it. You just try to find some others who can do half of what he does," Seattle defensive end Michael Bennett said Sunday night. "It's hard to replace that kind of player who's a Hall of Fame type of player. You can't really replace (them)."

Thomas was injured in the second quarter of the blowout victory, colliding with teammate Kam Chancellor as each tried to intercept a pass from Carolina quarterback Cam Newton. It was a violent and high-speed collision that Carroll said Monday also left Chancellor a little banged up.

It's the first major injury of Thomas' career and the emotional safety immediately became reflective, tweeting during the game that he was contemplating retirement. "I know it's really generated a lot of curiosity," Carroll said. "He's going through, at the time, the emotional part of dealing with an injury that's a serious setback. I don't know much more about it than that." THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Turkey Barley Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, fibre-rich chili has great depth of flavour and the barley adds a satisfying texture.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 1 large onion, finely chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 3/4 lb ground turkey
- 2 cups low sodium chicken stock
- 1 15 oz can of white beans, rinsed and drained
- 1 cup barley
- 2 tsp ground cumin
- 2 tbsp chili powder
- 1/2 tsp oregano
- 1/4 tsp salt
- 4 Tbsp of low-fat sour cream or plain yogurt

Directions

1. Heat oil in large Dutch oven. Add onion, celery and garlic. Cook 5 minutes or until onions are translucent.

2. Put turkey into pan, breaking apart with a wooden spoon. Cook 5 minutes or until no longer pink. Stir in chili powder, cumin, oregano and salt.

3. Add chicken stock, carrots and barley. Simmer for 10 minutes, stirring occasionally.

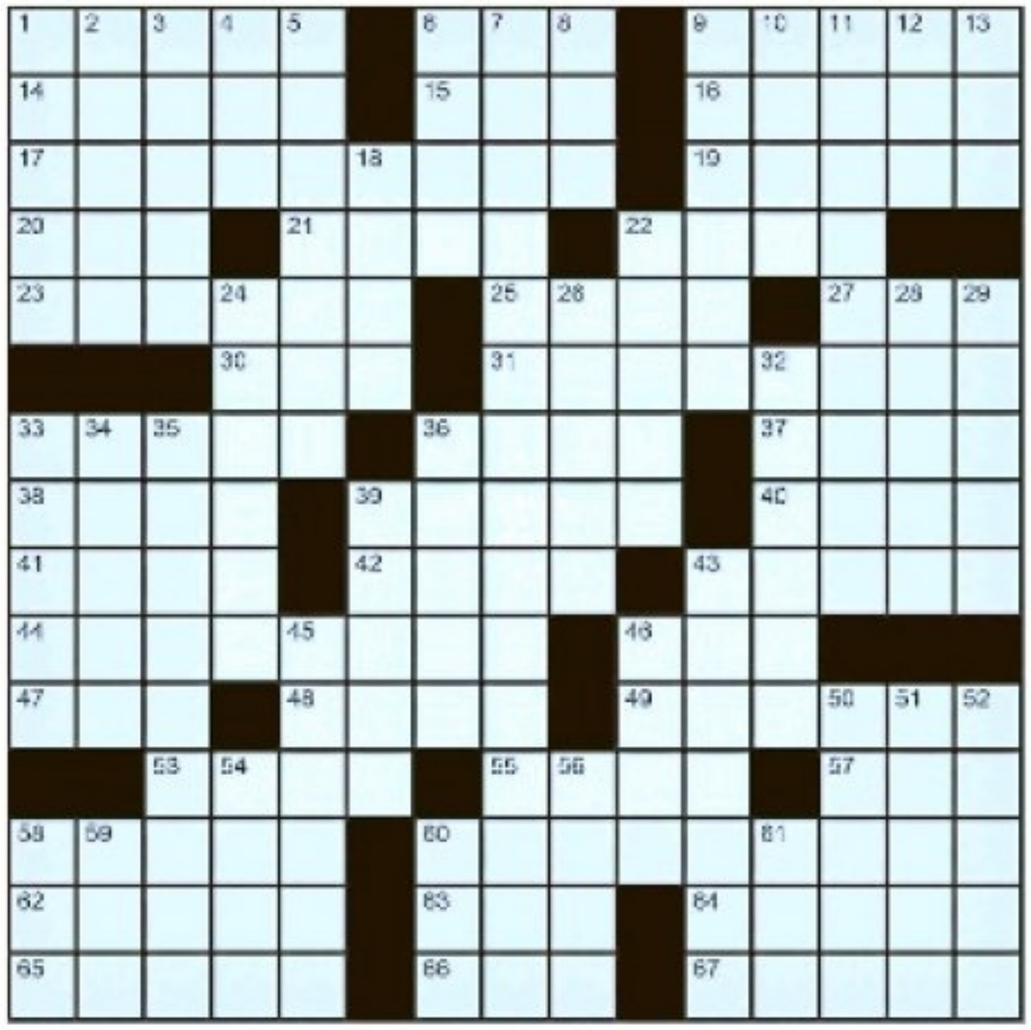
4. Add beans, mix well and cook on low heat a further 10 minutes.

5. Serve over your favourite bread with a dollop of fat-free sour cream or yogurt on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Goldie Hawn/Kurt Russell flick, "Swing _" (1984)
6. And so on, shortened
9. Large in scale
14. "_ funny." (Rather amusing, fun-style)
15. Vital life energy
16. Can't stand
17. Nonpareil
19. Laura and Bruce of acting
20. Palindromic honorific
21. Oz dog on the silver screen
22. Water's whirl-ee
23. Security system device
25. Ancient harp
27. City of Brazil, with Paulo
30. Rimouski refusal
31. Gloomy
33. Kisses, in Spain
36. Sort of streambed
37. Care-_-_ (Care Bears home)
38. Having the skills: 2 wds.
39. Mature, as a mango
40. Trigonometry ratio
41. Marinate
42. Racetrack shape
43. Early _ (Morning person)
44. Off-the-cuff speaker
46. Perfect spelled-out rating
47. Novel
48. Itemize
49. Bypasses
53. Gulf of _ (It's between Somalia and Yemen)
55. She-horse
57. Assembled
58. Andrea _ (Ocean liner in 1956 headlines)
60. Unforgettable
62. Prefix with 'continental'
63. Journey's "_ Way You Want It"
64. Overly tough guy
65. Ashen-looking
66. Final amt.
67. Besmirch

DOWN
1. Arctic seabirds
2. Door part
3. Jude Law's character in "Cold Mountain" (2003)
4. Rx watchdog in The States
5. Body drawings
6. Real
7. Barenaked Ladies song: 3 wds.
8. Sophia Loren movie, "El _" (1961)
9. Football video game series, _ NFL
10. Bon Jovi lyric: "I want to lay you down in _ _ of roses..."
11. Cocoon-encased pre-butterfly
12. Mr. Howard of Hollywood
13. Surgery sites, shortly
18. _ on the cob
22. James Mason's role in "The Desert Fox" (1951), Field Marshal _ Rommel
24. "Jersey Shore" cast member
26. Swiss song, sometimes
28. "Two Hearts Beat _ _" by U2
29. River rollicker
32. Reno venue
33. Second largest city in South Korea after Seoul
34. Lyric†poem variety
35. Loyalists
36. "The First _ Club" (1996)
39. Dr. Phil's wife
43. Rocker's amp effects
45. _-eyed
46. Produce Department selection
50. Diffuse
51. Ms. Burke of "Designing Women"
52. Turn while driving
54. Atkins _
56. _ acetate (Banana oil)
58. Dunk a bit
59. "Snakes _ _ Plane" (2006)
60. Front door rug
61. Sleeve

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Expect surprises when dealing with others today, especially in groups or classes. The surprise might be an event that affects everyone, or you might meet someone who is unusual or really different.

Taurus April 21 - May 21
Something will spur you into action today! Whatever it is will arouse your ambition. Be grateful that something makes you feel alive and ready for action!

Gemini May 22 - June 21
Unexpected opportunities to travel might fall into your lap today. Similarly, surprise opportunities to get further education or training might materialize. Yay!

Cancer June 22 - July 23
Keep your pockets open, because unexpected gifts and goodies might come your way today. You also could hear good news from a partner regarding money and wealth.

Leo July 24 - Aug. 23
Stay light on your feet, because a friend or a partner might throw you a curveball today. Quite likely, this person is excited about something that he or she didn't expect to happen. Enthusiasm is contagious!

Virgo Aug. 24 - Sept. 23
You have lots of energy at work today. This is a good thing, because you will have to deal with a work routine that is interrupted by surprising events. Stay on your toes!

Libra Sept. 24 - Oct. 23
Parents, take note: This will be a klutzy day for your children, so pay attention. Be extra vigilant and mindful. Do what you can to protect them from hazardous situations.

Scorpio Oct. 24 - Nov. 22
Something unexpected will happen at home today. Small appliances might break down, or minor breakages could occur. Perhaps a family member has surprising news. It could be anything.

Sagittarius Nov. 23 - Dec. 21
Be careful, because this is an accident-prone day. Therefore, be aware of everything you say and do. Keep your eyes open!

Capricorn Dec. 22 - Jan. 20
Guard your possessions and your cash flow against loss, theft or something untoward, because unexpected events might affect what you own. Check your bank account.

Aquarius Jan. 21 - Feb. 19
You feel energetic and impulsive today! This is why you will react to what others say. Guard against rash, knee-jerk behaviour.

Pisces
Feb. 20 - March 20
This is a restless day for you. Perhaps something going on behind the scenes has affected you, or perhaps you just feel edgy and nervous. Don't worry. This will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7	5	3		9		4	
4			2			3		5
	3							7
6			1		7		3	8
				5				
7	9		8		6			1
5							8	
2		8			4			6
	6		9		8	5	2	

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